

HARD COLDS

Cause Weak Lungs, Washington Druggist Suggests a Reliable Remedy.

We have a constitutional remedy for hard colds and weak lungs which is guaranteed. Such letters as this prove its efficiency:

Wickatunk, N. J. "I suffered from weak lungs, pains in my chest and very short of breath. I am an agent for the C. R. R. of New Jersey. I had a very bad cough and lost weight and interfered with my occupation so that I had to stop work last July. I had doctor for some time without benefit, but when I learned of Vinol through a friend I decided to try it, and soon commenced to improve. My cough has gone, the soreness from my chest disappeared, I am working again and have regained the fifteen pounds in flesh which I lost." Victor Walden, Wickatunk, N. J.

The reason Vinol is superior to any other remedy is because it contains in deliciously palatable form the healing, body-building and strengthening elements of fresh cod livers, tonic iron and beef peptone—the oldest and most famous tonics known to medicine. Try it on our guarantee.

O'Donnell's Pharmacies, The People's Drug Stores and the Washington Drug Stores that display the Vinol sign.

P.S.—In your own town, wherever you live, there is a Vinol Drug Store. Look for the sign—Advertisement.

More Cooking

Electric Grills —by wire is being done every day in up-to-date homes.

Electric Ovens —YOU'll want none but Electrical Cooking Appliances once we prove their efficiency, cleanliness and economy. Pay us a visit.

Electric Ranges, \$5 up.

National Electrical Supply Co.,
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Croup Relieved in Fifteen Minutes

No need to dose delicate little stomachs with nauseous drugs or alcoholic syrups. Simply rub a little Vicks' Vapo-Rub® Salve over the throat and chest. The vapor inhaled loosens the cough, chokes phlegm and eases the difficult breathing. One application at bedtime insures a sound night's sleep. 25c, 50c, or \$1.00.

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Half Soles, 50c

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Work Done in 15 Minutes
While You Wait
Repairs, 25c
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Klein's Rapid Shoe Repair Co.
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COAL

Lowest Prices

For C.O.D. delivery east of 17th and of W. sts. and in Brookland, white streets are clear of ash or dirt.

White Ash Stove, \$7.10. Large Furnace, \$6.00. Chestnut, \$7.25. W. A. Egg, \$6.35.

Subject to change without notice.

We handle only the best grade of coal that can be bought, and guarantee 2,240 pounds to every ton. Delivered 41 years.

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Cuticura Soap and Ointment sold everywhere. Liberal sample of each mailed free with 25-c. box. Address: "Cuticura," Dept. 93, Boston.

Woman's Viewpoint

JACKETS ARE SHORT AND FANCY.



LITTLE STORIES FOR BEDTIME
BY THORNTON W. BURGESS.
(Copyright, 1916, by J. G. Lloyd.)

Quacker the Duck Grows Curious.

"The most curious thing in the world is curiosity."—Grandfather Frog.

Grandfather Frog never said a truer thing than that. It is curious, how curiosity will get the best of even the wisest and most sensible people sometimes. Even Grandfather Frog himself has been known to be led into trouble by it. We expect it of Peter Rabbit, but Peter isn't a bit more curious than some others of whom we do not expect it.

Now Quacker the Wild Duck is the last one in the world you would expect to be led into trouble by curiosity.



OVER AND OVER SHE ROLLED; ROUND AND ROUND SHE SPUN.

Quacker had spent the summer in the far, far north with Honker the Goose. In fact, he had been born there. He had started for the far-away southland at the same time Honker had, but when he reached the Big River he had found plenty to eat, and he had decided to stay until he had to move on. The Big River had frozen over everywhere except in this one place, where the water was too swift to freeze, and there Quacker had remained. You see he was a good diver, and on the bottom of the river he found plenty to eat. No one could get at him out there, and if Roughleg did happen along all he had to do was to dive and come up far away to laugh at and make fun of Roughleg. The water couldn't get through his oily feathers, and so he didn't mind how cold it was.

Now in his home in the far, far north there were so many dangers that Quacker had early learned to be always on the watch and to take the best care of himself. On his way down to the Big River he had been hunted by many a gunner and he had learned all about them. In fact he felt quite able to keep out of harm's way. In fact he rather prided himself that there was no one smart enough to catch him. I suspect he thought he knew all there was to know. In this respect he was a good deal like Reddy Fox himself. That was because he was young. It is the way with young Ducks and Foxes and with some others I know.

When Quacker first saw Granny Fox on the little beach he flitted his absurd little tail and smiled as he thought how she must wish she could catch him. But so far as he could see, she didn't once look at him.

"She doesn't know I'm out here at all," thought Quacker.

Then suddenly he sat up very straight and looked with all his might. What under the sun was the matter with that Fox? She was acting as if she had suddenly lost her senses. Over and over she rolled. Round and round she spun. She turned somersaults. She lay on her back and kicked her heels in the air. Never in his life had he known any one to act like that. There must be something the matter with her.

Quacker began to get excited. He couldn't keep his eyes off Old Granny Fox. He began to swim nearer. He wanted to see better. He quite forgot she was a Fox. She moved so fast that she was just a queer red spot on the bank. Whatever she was doing was very curious and very exciting. He swam nearer and nearer. The excitement was catching. He began to swim in circles himself. All the time he drew nearer and nearer to the shore. He didn't have the least bit of fear. He was

THE DAILY MENU.

BREAKFAST		LUNCHEON		DINNER	
Baked Apple	Cereal	Baked Pork and Beans	Vegetable Soup	Lamb Chops	Sliced Sweet and White Potatoes
Ham and Eggs	Buttered Toast	Cinnamon Cake	Tea	Baked Sweet and White Potatoes	Sliced Tomatoes with Mayonnaise
				Plain Charlotte Russe	Jam Tarts
					Coffee

CARE OF COMPLEXION.

Do not make the mistake of cleansing your face in hot water and then rinsing it with cold, before going out. Some women imagine that this hardens the skin against cold. Instead, it does its own little part in encouraging chapping. If your skin is so oily that you do not want to use cold cream, cleanse the pores with this lotion:

Purified borax, 1 ounce; pure glycerin, 2 ounces; camphor water (not spirit of camphor), 2 quarts.

Apply this lotion to the face and then use a dusting of rice powder made in this way:

Rice flour, 6 ounces; rice starch, 6 ounces; carbonate of magnesia, 12 ounces; boric acid, pulverized, 12 ounces; orris root, finely powdered, 12 drachms; essence of citron, 15 drops; essence of bergamot, 20 drops.

After applying powder cover the face with a chiffon or silk, not a mesh veil, and you will be proof against mid-winter winds, safe from chapping.

On returning from walking, driving or working outdoors, allow the face to warm up naturally before cleansing the pores. Then, instead of washing hastily, take time and pains to clean the pores thoroughly. Not only of the cold cream and powder, but of the dust accumulated while outdoors. For this purpose I know of no better cleansing lotion than this very simple one:

Resorcin 8 grains
Rosewater 1 ounce
Tincture of benzoin 4 drops

Apply with antiseptic gauze or pieces of old, soft, clean linen. It will not only remove the grime, but resorcin is strongly antiseptic and germ-killer, hence a safeguard against chapping. Some skins wrinkle in windy weather. A very simple remedy for this will be found in the following formula:

Alum 60 grains
Almond milk 1 1/2 ounces
Rosewater 4 drops

Dissolve the alum by adding the rosewater gradually, then add these to the almond milk, stirring steadily all the while.

When, through lack of care, the face has already become chapped, use the following healing paste:

Honey 50 grammes
White castile soap (powdered) 40 grammes
Vanilla essence 10 grammes
Stearin 30 grammes
Spermaceti 30 grammes

Beat all together in a warm earthen bowl until a smooth paste is formed. Then set in a warm place to dry out, as in an oven when the fire is dying out.

LITTLE JOURNEYS INTO FASHION LAND

Whatever styles come and go, the jaunty Norfolk jacket is always popular, and it is always becoming to young and slender women. No matter how stout she may be, a young woman was well in a Norfolk, although this style of jacket is usually associated with youth.

In order to obtain an appearance of cache, a Norfolk jacket should be built of firm-textured wools and stiff, thick linen or cotton fabrics such as canvas, khaki, drill, homespun, crash, and the like.

Just curious. He wanted to see better what Granny was doing. All the time Granny was cutting up her antics she was watching Quacker, though he didn't suspect it. As he swam nearer and nearer to the shore, Granny rolled and tumbled farther and farther back. At last Quacker was close to the shore. If he kept on he would be right out on the shore in a few minutes. And all the time he stared and stared. Certainly it was the most curious sight he ever had seen. No thought of danger entered his head. You see, there was no room because it was so filled with curiosity.

"In a minute more I'll have him," thought Granny, and whittled faster than ever. And just then something happened.



A NORFOLK JACKET.

like, and those heavier weaves of silk that resemble the textiles named so far as weight and "body" are concerned. A great many beautiful weaves of heavy silk are now made for suits to be worn in mild climates, where these silks are more fashionable than wools because they wash so well without shrinking and can stand such hard wear.

If woolen materials are employed for the suit, then use checks, plaids, mixtures, chevrons, bedford cord or serge, equally in the wide-awake variety. For country wear it is a pretty idea to use a bright red or green velvet for the collar, although that is a matter of taste. Black is generally employed, although it is always fetching to use a velvet that harmonizes with some hue in the dress goods, as brown, dark blue or purple, if any appears in the

Needlework for Winter.

The new sandals for the bedroom are made like the Japanese ones, but instead of being of straw they are made of satin in delicate shades, and the straps are embroidered. They are extremely simple to make, for the regular soles of lambs' wool can be used and a satin lining put in.

The straps that cross the foot are of satin also heavily wadded to make



BEDROOM SANDALS.

them very thick. They are embroidered in silk, with tiny flowers placed about two inches apart. The ends of the straps are tucked in, between the lining and the soles, and then the lining and the soles are stitched together.

Philadelphia Brand Cream Cheese

Quality Has Made It Known



PHILADELPHIA BRAND
THE BEST MADE
CREAM CHEESE
MADE IN STATE OF NEW YORK
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Recognized Everywhere as the Standard!

It has a creamy "after taste" that is distinctive. - It melts in your mouth and leaves you satisfied.

Made Only by
Phenix Cheese Company
New York
At All Grocers'

You May Begin the Day Right With Sealdsweet Grapefruit

Few persons who have eaten tree-ripened Florida grapefruit for breakfast care to begin the day without one. The delicate flavor appeals to the jaded stomach and the tonic qualities make them the breakfast fruit unequalled.

There are scores of other uses for grapefruit. As an appetizer they lend themselves to many purposes. In salads or for dessert grapefruit are appropriate and delightful at luncheon and for dinner. There are many ways for serving them.

Sealdsweet Grapefruit Maintain Health and Give Strength

In addition to their content of citric acid, grapefruit have a property similar to that of cinchona, which prevents or kills malaria, and acts beneficially on the liver. The slightly bitter taste noticed when one first eats grapefruit is from the presence of an alkaloid, nectrandine, which is strongly recommended by many leading physicians for constipation and many other ailments.

Sealdsweet is the trade-mark of fruit grown by the members of a non-profit co-operative body of progressive Florida growers, formed for the mutual benefit of consumers and producers, known as the Florida Citrus Exchange. The members ship only tree-ripened fruit and Sealdsweet is a guaranty of quality. Most fruit dealers handle Sealdsweet fruit in season — yours will supply you with it if you insist.

Sealdsweet Oranges—the Choicest Grown in Florida

Sealdsweet oranges are miniature golden reservoirs filled at the Fountain of Youth. They are juicy, sweet and flavored beyond comparison. You will get the choicest of all oranges when you buy in boxes shipped by the Florida Citrus Exchange. There's life and joy in every golden globe from Florida groves.

Good citrus fruits are alike food and drink. Using freely they help to maintain and restore health. Booklet giving many ways of serving grapefruit and oranges mailed free to any address on application. Send for this booklet and learn more about Sealdsweet oranges and grapefruit—how to serve them differently.

Florida Citrus Exchange
628 Citizens Bank Building
Tampa, Florida

RICE varies as greatly in quality as coffee and tea. Prudence demands Hotel Astor Uncoated Rice, as delicious in all ways as it is in Green Peppers Stuffed with



HOTEL ASTOR Uncoated RICE

Green Peppers Stuffed with Hotel Astor Rice

6 green peppers 1 cup boiled Hotel Astor Rice 1 cup stewed tomatoes 1 medium onion 1 teaspoonful salt

Cut tops from peppers and remove seeds. To the rice, add salt and the tomatoes and onion chopped very fine. Wash peppers, stuff with the rice, dot with butter or cheese, put on tops, stand them in a baking dish, cover bottom of baking pan with a little water, add tablespoonful of butter. Cook in hot oven 20 minutes, broiling frequently.

Hotel Astor Rice is sold in sealed cartons only. 10c for a full pound in the yellow cartons.

At most grocers. If you cannot supply you send 10c for full pound to R. FISCHER & CO., Importers 190 Franklin St., New York City

Well Worth Reading SUNDAY

Couldn't Stand Prosperity

JOHN W. STEELE, known as "Coal Oil Johnny," got a fortune from oil which was discovered on land he owned. It took him just about six months to get rid of the thousands of dollars he had and get a new job as a freight handler. That's what happens to most of the men who get sudden wealth. Read about the other men who "Couldn't Stand Prosperity," in the article by Freeman Tilden, in our next Sunday Magazine.

They Did Not Have a Nickel

GEORGE BOLDT was a waiter once, but now he owns the most famous hotel in the world. Thomas Fortune Ryan lived in the Virginia mountains before he made his great fortune. Ex-Senator W. A. Clark once worked in water knee deep for nine months, but now he is worth millions. See the pictures and the stories of "Men Who Didn't Have a Nickel," a double page, in our next Sunday Magazine.

The Man Who Came Back

NOT so long ago the gossipers told us that Charles M. Schwab was beaten, that he would never again be heard of. Now he is the biggest steel maker in the country. He is a man who came back. Read the dramatic story of his fall and rise by Albert W. Atwood in our next Sunday Magazine.

Her Trial Marriage

KORTNEY LUND married a girl of the east and carried her off the mountain. She said that she would stay just a year, as a trial. What happened when the year was up and her old sweetheart came on the scene? Grace McGowan Cooke tells the story of "Her Trial Marriage" in our next Sunday Magazine.

Is Richest Street Car Conductor

HENRY TOBERG of Chicago owns a lot of real estate that brings in dividends every six months, but he still punches transfers on a street car. He earned the money himself as a conductor and put in his spare time after a twelve-hour day building and rebuilding houses, which he bought with his savings. See his picture and read how he did it, in our next Sunday Magazine.

What Becomes of All the Babies?

Every day more babies are received at hospitals and asylums whose parents have lost track of them. Where do they go when they grow up? Read the little story on where they go, in our next Sunday Magazine.

He Loved Two Girls

That is the fix of the young man Frederick Orin Bartlett is writing a wonderful story about, in our next Sunday Magazine.

Girls Guard Gold

Kingman, Ariz., center for gold bullion, has a guard of girls, who watch the queer-shaped nuggets. They are prepared for action, too. See their picture and story in our next Sunday Magazine.

Killed Three Bears in One Day

Tom O'Brien of Santa Rita, Okla., is champion bear hunter of the United States. See his picture and story in our next Sunday Magazine.

IN THE Sunday Star